

## **Southend Children's Centres – 01702 220810**

### **West Locality**

Blenheim Children's Centre, Blenheim Chase, Leigh on Sea, Essex, SS9 4HX

Prince Avenue Children's Centre, Hornby Avenue, Westcliff on Sea, Essex SS0 0LG

Eastwood Children's Centre, Eastwood Primary School, Rayleigh Road, Leigh on Sea, Essex SS9 5UT

### **Central Locality**

Cambridge Road Children's Centre, 40-42 Cambridge Road, Southend on Sea, Essex SS1 1ES

Centre Place Children's Centre, Prospect Close, Southend on Sea, Essex, SS1 2JD

Summercourt Children's Centre, Milton Hall Primary School, Summercourt Road, Westcliff on Sea, Essex, SS0 7AT

### **East Locality**

Friars Children's Centre, Friars Primary School, Constable Way, Shoeburyness, Essex SS3 9XX

Hamstel Children's Centre, Hamstel Infant School, Hamstel Road, Southend on Sea, Essex SS2 4PQ

Temple Sutton Children's Centre, Eastern Avenue, Southend on Sea, Essex SS2 4BA

St Luke's Church Hall, St Luke's Road, Southend on Sea, Essex, SS2 4AB (Outreach)



**Southend Children's Centres**

**01702 220810**

**SEPTEMBER - DECEMBER 2018**

**What's on in your local**

**Children's Centre!**

**w/c 3<sup>rd</sup> September 2018**



Southendchildrenscentres



## West Locality

### Blenheim Children's Centre

Monday	Tuesday	Wednesday
<p><b>8.30-4.30pm</b> <b>Antenatal Midwife Clinic</b> (except Asthma &amp; Allergy days)</p> <p><b>8.30-12.30pm</b> <b>Asthma &amp; Allergy Clinics</b> 10.09.18, 24.09.18, 08.10.18, 22.10.18, 12.11.18, 26.11.18, 10.12.18</p> <p><b>10.00-4.00pm Counsellor</b> By appointment only, ring to be added to the waiting list.</p> <p><b>1.00- 2.30pm</b> <b>Baby Time</b> For new parents to socialise, learn and have fun with their babies (0-12months), breastfeeding support will be available from trained staff. £1 donation</p>	<p><b>8.30-12.30pm</b> <b>Asthma &amp; Allergy Clinics</b> 11.09.18, 09.10.11, 13.11.18, 11.12.18</p> <p><b>1.30-2.30 Baby Massage</b> 30.10.18-20.11.18 (4 weeks)</p> <p><b>1.00-3.00 Parenting Opportunities</b> 11.09.18-16.10.18 A 6 week positive parenting programme to strengthen family relationships 0-5 year olds. Free crèche available. Booking is essential.</p>	<p><b>9.00 – 4.30 Antenatal Midwife Clinic</b> <b>10.00-11.30-HICCUPS</b> Stay &amp; play group for pre-school hearing impaired children and their parents/carers, inc play, craft, singing and listening games/activities and snack (2<sup>nd</sup> &amp; 4<sup>th</sup> Wednesday of each month term time only) Contact Sue Payne 07826 875912</p> <p><b>1.30 – 3.00 Child Health Clinic</b> Come along to meet Health professionals, get your baby weighed and get support/advice. Arrive no later than 30 minutes before end of clinic to avoid disappointment. <b>1.00-2.15 Southend Slings</b> (2<sup>nd</sup> Wed of each month) <b>1.30-3.00 1:1 Breastfeeding Support</b> (booking required)</p>
Thursday	Friday	
<p><b>9.00-4.30pm Antenatal Midwife Clinic</b></p> <p><b>9.30 – 10.15 Happy House</b> (walkers to 4yrs)Hartbeeps</p> <p><b>10.30-11.15 Baby Beeps</b> (sitting to walking babies) Hartbeeps</p> <p><b>11.30-12.15 Baby Bells</b> (newborn to sitting babies) Hartbeeps <a href="mailto:emma@hartbeeps.com">emma@hartbeeps.com</a></p>	<p><b>9.30 – 11.00 Stay and Play</b> Build your child's confidence with different types of play, texture and craft. £1 contribution.</p> <p><b>8.30-12.30pm</b> <b>Asthma &amp; Allergy Clinics</b> 14.09.18, 28.09.18, 12.10.18, 26.10.18, 09.11.18, 23.11.18</p> <p><b>8.45-12.30 Speech &amp; Language (EPUT)</b> 07.09.18, 21.09.18, 05.10.18, 19.10.18, 02.11.18, 16.11.18, 30.11.18, 07.012.18, 14.12.18</p> <p><b>12.45-1.45 One Fit Mama</b> (6wk course booking required) 14.09.18-19.10.18 07794492811</p>	

## **BABY TIME**

### Monday

Hamstel Children's Centre – 9.30am-11.00am

Blenheim Children's Centre – 1.00pm-2.30pm

### Wednesday

Friars Children's Centre 9.30am-11.00am

Cambridge Road Children's Centre 9.30am-11.00am

Prince Avenue Children's Centre 1.00pm-2.30pm

**Baby Time is for new parents to socialise (with their 0-12 month old), learn and have fun with their babies. £1 suggested donation.**

## Breastfeeding Support & Advice

Support is offered to parents wanting advice on breastfeeding by Family Action Breastfeeding trained staff at Baby Time and Stay & Play sessions at all centres.

If you would prefer some telephone advice please ring 01702 220810 option 3, they will take your contact details and arrange for a trained member of staff to ring you back.



## Adult Learning

### ESOL

This course supports parents/carers from different countries to develop their English Language skills and become a confident speaker of the English Language on this free course.

9.15-11.45 Mondays starting 17<sup>th</sup> September 2018  
At Summercourt Children's Centre.

12.15-2.45 Thursdays starting 20<sup>th</sup> September 2018  
At Summercourt Children's Centre.

### Sign Language

4 weeks sign language course.

12.30-2.30 Tuesdays starting 18.09.18-09.10.18 at Eastwood Children's Centre.



### Introduction to Working as a Teaching Assistant

12.30-2.30 Tuesday 16.10.18 at Eastwood Children's Centre.

## Prince Avenue Children's Centre

Monday	Tuesday	Wednesday
<p><b>9.00-5.00 Development Checks (HV)</b></p> <p><b>12.30 – 3.00 Parent Craft</b> 2 informative sessions with a midwife for antenatal parents preparing for the birth of their child. 10.09.18-17.09.18 15.10.18-22.10.18 12.11.18-19.11.18 10.12.18-17.12.18</p>	<p><b>9.00-5.00 Development Checks (HV)</b></p> <p><b>9.30-10.30 Cooking</b> Bring you child and cook together, learn new recipes. Suggested donation £2. Please ring to book your place.</p> <p><b>12.15-4.00pm Asthma &amp; Allergy Clinic</b> 11.09.18, 09.10.18, 13.11.18, 11.12.18</p>	<p><b>8.30-4.30 Midwife Booking Clinic.</b> By appointment only.</p> <p><b>1.00-2.30pm Baby Time</b> For new parents to socialise, learn and have fun with their babies (0-12months), breastfeeding support will be available from trained staff. £1 donation.</p>
Thursday	Friday	
<p><b>9.00 – 5.00 Antenatal Clinic</b> By appointment only</p>	<p><b>1.00 – 2.30 Stay and Play</b> Explore and learn with your child through fun and interactive activities. £1 donation</p>	<p><b>Are you interested in volunteering in the Southend Children's Centres?</b> <b>If so please contact 01702 220810 and request an application form.</b></p>

## Eastwood Children's Centre

Monday	Tuesday	Wednesday
	<p><b>12.30-2.30</b> <b>Sign Language Course (4 weeks)</b> 18.09.18-09.10.18</p> <p><b>12.30-2.30</b> <b>Introduction to working as a Teaching Assistant</b> 16.10.18</p>	<p><b>9.30-10.30 Cooking</b> Bring your child and cook together, learn new recipes. Suggested donation £2. Please ring to book your place.</p> <p><b>12.30-2.00</b> <b>Portage Messy Play</b> Messy Play run by Portage for children with disabilities, behaviour/SEN speech and language advice available during the session. (every other week starting 19.09.18)</p>
Thursday	Friday	
<p><b>9.30 – 11.00</b> <b>Stay and Play</b> Explore and learn with your child through fun and interactive activities. £1 donation</p> <p><b>1.00-2.30</b> <b>Child Health Clinic</b> Come and get your baby weighed and stay for a play. Please arrive no later than 15minutes before the end of clinic to avoid disappointment.</p>		



### HENRY

**Telephone:** 07519 109875/07858 294972 **Email:** southend@henry.org.uk  
The Henry Healthy Families programme can help everyone with a baby or young child. Every parent who joins learns something new and useful. For parents or carers of children aged 0 to 4 years.

Friars Children's Centre	12.30-3.00	01.10.18-03.12.18
Cambridge Road Children's Centre	12.30-3.00	02.10.18-04.12.18
Centre Place Children's Centre	9.30-12.00	04.10.18-06.12.18
<b>Baby Henry</b>		
Centre Place Children's Centre	10.00-12.00	03.10.18-05.12.18

### Work Skills

**Telephone:** 01702 534077

**Email:** economicd@southend.gov.uk

### Learning for Mum & Dad

Summercourt Children's Centre	12.30-2.30	13.09.18
Cambridge Road Children's Centre	12.30-2.30	11.10.18, 08.11.18, 06.12.18

### 60 Minute Mentor

Centre Place Children's Centre	10.00-11.30	06.09.18, 14.12.18
Cambridge Road Children's Centre	12.30-2.30	11.10.18

### Intro 2 Enterprise

Centre Place Children's Centre	10.00-12.00	28.09-19.10.18
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### SAVS

**Telephone:** 01702 356069

**Email:** abss@savs-southend.co.uk

### SAVS Coffee Morning

Centre Place Children's Centre	10.00-11.30	11.09.18, 21.09.18
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### SAVS Parent Forum

Summercourt Children's Centre	10.00-11.30	12.09.18
Friars Children's Centre	10.00-11.30	19.09.18, 23.10.18, 21.11.18
Centre Place Children's Centre	10.00-11.30	28.09.18, 29.10.18, 30.11.18



### Speech & Language

Telephone: 01702 356056

Email: alpha.thomas@nhs.net

### 23 Month Checks

Friars Children's Centre	am	25.09.18, 16.10.18, 27.11.18
Cambridge Road Children's Centre	am	27.09.18, 22.11.18
Centre Place Children's Centre	am	29.10.18
Friars Children's Centre	am	17.12.18
Summerville Children's Centre	pm	18.12.18

### Talking Walk-In

Friars Children's Centre	pm	05.09.18, 10.10.18
Cambridge Road Children's Centre	am	08.11.18, 14.12.18

### Other Speech & Language sessions

Cambridge Road Children's Centre	am	14.09-12.10, 02.11-30.11
Centre Place Children's Centre	am	11.09-09.10, 31.10-28.11
Centre Place Children's Centre	pm	12.09-10.10, 31.10-29.11
Summerville Children's Centre	am	12.09-10.10, 31.10-28.11
Summerville Children's Centre	pm	11.09-09.10, 30.10-27.11
Friars Children's Centre	am	10.09-08.10, 29.10-26.11
Friars Children's Centre	pm	10.09-08.10, 29.10-26.11
Friars Children's Centre	am	13.09-11.10, 01.11-29.11
Friars Children's Centre	pm	13.09-11.10, 01.11-29.11

### One to One Sessions

Friars Children's Centre	am	18.09.18, 11.12.18
Centre Place Children's Centre	am	16.10.18
Cambridge Road Children's Centre	pm	15.11.18

## Central Locality

### Cambridge Road Children's Centre

Monday	Tuesday	Wednesday
<p><b>10.00-11.30</b> <b>Welcome to the UK</b> An ESOL course for mothers and expectant mothers new to the UK. Babies and young children are welcome, play opportunities will be available for them. (Term time only)</p> <p><b>1.00-2.30</b> <b>Child Health Clinic</b> Come along to meet Health professionals, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before end of clinic to avoid disappointment.</p> <p><b>1.00-2.30</b> <b>Southend Sling</b> (1<sup>st</sup> Monday of each month)</p>	<p><b>9.30 – 11.30</b> <b>Freedom</b> 12 week course please call to book a place Delivered by Family Action Family Support Practitioner. Creche available. 11.09.18-04.10.18</p> <p><b>10.00 – 4.00</b> <b>Antenatal Appointments</b> Please book with your midwife.</p> <p><b>12.30-3.00 Henry (ABS)</b> 02.10.18-04.12.18 (Term time only)</p>	<p><b>9.30-11.00</b> <b>Baby Time</b> For new parents to socialise, learn and have fun with their babies (0-12 months), breastfeeding support will be available from trained staff. £1 donation</p> <p><b>11.00 – 1.00 MOTO (Mothers on their own)</b> For lone parents, free session including lunch delivered by Family Action Family Practitioner. Creche available. Please ring to book your place</p> <p><b>1.00-5.00 Antenatal Vulnerable Women Clinic</b> <b>1.30 – 2.30 Teen Bumps Plus (postnatal session)</b> Creche available – ring to book place</p>
Thursday	Friday	
<p><b>9.30 – 11.00 Stay &amp; Play</b> Build your child's confidence with different types of play, texture and craft £1 suggested contribution.</p> <p><b>9.00-4.45 Antenatal Clinic</b></p> <p><b>PM – ABSS 23 Month Check</b> 27.09.18, 22.11.18</p> <p><b>12.30-2.30 ABSS Learning for Mum &amp; Dad</b> 11.10.18, 08.11.18, 06.12.18</p>	<p><b>10.00 – 4.30</b> <b>Antenatal Appointments</b> Please book with your midwife.</p> <p><b>AM – ABSS Speech &amp; Language</b> 14.09.18-12.10.18 02.11.18-30.11.18</p> <p><b>AM – ABSS Talking Walk-in</b> 14.12.18</p>	<p><b>Are you interested in volunteering in the Southend Children's Centres?</b> <b>If so please contact 01702 220810 and request an application form.</b></p>

## Centre Place Children's Centre

Monday	Tuesday	Wednesday
<p><b>AM – ABSS 23 Month Check</b> 29.10.18</p> <p><b>10.00-11.30 ABSS/SAVS Parent forum</b> 29.10.18</p> <p><b>1.00-3.00 Family Opportunities Parenting Programme</b> 10.09.18-15.10.18 29.10.18-03.12.18</p> <p>A 6 week positive parenting programme to strengthen family relationships 0-5 year olds. Free crèche available. Booking is essential.</p>	<p><b>9.30-11.00 Stay &amp; Play</b> Build your child's confidence with different types of play, texture and craft £1 suggested contribution.</p> <p><b>AM – ABSS Speech &amp; Language</b> 11.09.18- 09.10.18 31.10.18-28.11.18</p> <p><b>10.00-11.30 ABSS/SAVS Coffee Morning</b> 11.09.18</p>	<p><b>9.00 – 4.00 Antenatal Clinic</b> By appointment only</p> <p><b>10.00-12.00 Baby HENRY</b> 03.10.18-05.12.18 (Term time only)</p> <p><b>PM – ABSS Speech &amp; Language</b> 12.09.18-10.10.18 31.10.18-28.11.18</p>
Thursday	Friday	
<p><b>9.00-12.15 Speech &amp; Language (EPUT)</b> 13.09.18, 27.09.18, 11.10.18, 25.10.18, 08.11.18, 22.11.18, 06.12.18, 20.12.18</p> <p><b>1.00-3.00 Child Health Clinic</b> Come along to meet Health professionals, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment.</p> <p><b>9.30-12.00 HENRY</b> 04.10.18-06.12.18 (Term time only)</p> <p><b>10.00-11.30 ABSS Works Skills</b> 06.09.18</p>	<p><b>9.00-12.15 Speech &amp; Language (EPUT)</b> 14.09.18, 28.09.18, 12.10.18, 26.10.18, 09.11.18, 23.11.18, 07.12.18, 21.12.18</p> <p><b>9.00-12.30 Physiotherapy Triage</b> 21.09.18, 19.10.18, 16.11.18</p> <p><b>10.00-11.30 ABSS/SAVS Coffee Morning</b> 21.09.18</p> <p><b>10.0-11.30 ABSS/SAVS Parent Forum</b> 28.09.18, 30.11.18</p> <p><b>10.00-12.00 ABSS Intro 2 Enterprise</b> 28.09.18-19.10.18</p> <p><b>10.00-11.30 ABSS 60 Minute Mentor</b> 14.12.18</p> <p><b>1.00-4.00 Estuary Hub &amp; Job Club</b></p> <p><b>1.30-2.30 Story &amp; Rhyme Time</b></p>	



### Baby Massage

A combination of baby massage and stretches, with relaxation for baby and carer, songs and games all designed to develop babies' senses and improve interaction and bonding for babies aged 8weeks – 6months.  
Suggested donation of £2 per week to cover the oil.

For details of the next group and to be added to the waiting list please ring 01702 220810 option 1.

Blenheim Children's Centre	1.30-2.30	30.10.18-20.11.18
Summerville Children's Centre	1.30-2.30	27.11.18-18.12.18

Booking is essential.

### Family Opportunities Parenting Programme (6 weeks)

A 6 week (term time only) positive parenting programme to strengthen family relationships.

To be booked onto this parenting programme you must have a child aged 0-5 years, please ring 01702 220810 option 3 to be added to our list.

Centre Place Children's Centre	1.00-3.00	Monday 10.09.18-15.10.18
Blenheim Children's Centre	1.00-3.00	Tuesday 11.09.18-16.10.18
Centre Place Children's Centre	1.00-3.00	Monday 29.10.18-03.12.18
Friars Children's Centre	1.00-3.00	Tuesday 06.11.18-11.12.18

Booking is essential.



# MESSY PLAY

**Come and get messy with us!**

## Wednesday

Eastwood Children's Centre

Portage Messy Play 12.30pm-2.00pm

Every other Wednesday of each month run by portage for children with disabilities, behavioural/SEN speech and language advice available.

## Summercourt Children's Centre

Monday	Tuesday	Wednesday
<p><b>9.15-11.45</b> <b>ESOL (Entry 3)</b> 17.09.18-08.07.19 (34 wks)</p> <p><b>1.00-2.30</b> <b>Stay and Play</b> Explore and learn with your child through fun and interactive activities. £1 donation</p>	<p><b>9.30-11.30</b> <b>Welcome to the UK</b> A support and friendship group for mothers and expectant mothers new to the UK. Babies and young children are welcome, play opportunities will be available for them. Term time only.</p> <p><b>1.30-2.30 Baby Massage</b> 27.11.18-18.12.18 (4 weeks)</p> <p><b>PM – ABSS 23 Month Check</b> 18.12.18</p> <p><b>PM – ABSS Speech &amp; Language</b> 11.09.18-09.10.18 30.10.18-27.11.18</p>	<p><b>1.00-3.00</b> <b>Child Health Clinic</b> Come along to meet Health professionals, get your baby weighed and get support/advice. Please arrive no later than 30 minutes before end of clinic to avoid disappointment.</p> <p><b>AM – ABSS Speech &amp; Language</b> 12.09.18-10.10.18 31.10.18-28.11.18</p> <p><b>10.00-11.30 ABSS/SAVS Parent Forum</b> 12.09.18</p>
Thursday	Friday	
<p><b>9.30 – 12.00</b> <b>Communication for Life</b> This is a group run by a volunteer who is a teacher and is for parents who speak very little English, you are welcome to bring your child with you. Booking is required.</p> <p><b>12.15-2.45</b> <b>ESOL (Entry 1)</b> 20.09.18-23.05.19 (31 weeks)</p> <p><b>12.30-2.30</b> <b>ABSS Learning for Mum &amp; Dad</b> 13.09.18</p>	<p><b>10.00 –2.00</b> <b>Little Heroes (ASD Support Group)</b> Every other Friday see dates below. Drop in for parents of children with ASD or currently awaiting diagnosis. Bring your children and meet other parents to share experiences, chat and help each other. Every 1<sup>st</sup> and 3<sup>rd</sup> Friday starting 7<sup>th</sup> September 2018</p>	<p><b>Are you interested in volunteering in the Southend Children's Centres?</b> <b>If so please contact 01702 220810 and request an application form.</b></p>

## East Locality

### Friars Children's Centre

Monday	Tuesday	Wednesday
<p><b>AM – ABSS Speech &amp; Language</b> 10.09.18-08.10.18 29.10.18-26.11.18</p> <p><b>AM – ABSS 23 Month Check</b> 17.12.18</p> <p><b>PM – ABSS Speech &amp; Language</b> 10.09.18-08.10.18 29.10.18-26.11.18</p> <p><b>12.30-3.00 HENRY</b> 01.10.18-03.12.18 (Term Time Only)</p> <p><b>10.45 Southchurch Park Car Park – Buggy Active</b> Bring your baby in their buggy to an effective outdoor work out session- from 29<sup>th</sup> October will transfer to Friars Children's Centre Indoor session £4 per session.</p>	<p><b>9.30-11.00 Stay &amp; Play</b> Explore and learn with your child through fun and interactive activities. £1 donation</p> <p><b>10.00-11.30 ABSS/SAVS Parent Forum</b> 23.10.18</p> <p><b>1.30 – 3.30 Child Health Clinic</b> - Come along to meet Health professionals, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before end of clinic to avoid disappointment.</p> <p><b>1.00-3.00 Family Parenting Opportunities</b> 06.11.18-11.12.18 Booking Essential</p>	<p><b>9.30-11.00 Baby Time</b> For new parents to socialise, learn and have fun with their babies (0-12 months), breastfeeding support will be available from training staff. £1 donation.</p> <p><b>1.00– 2.00 Cooking</b> Bring your child and cook together, learn new recipes. Suggested donation £2. Please ring to book your place.</p> <p><b>9.30-1.30 Development Checks (HV)</b> Starting 05.09.18 fortnightly</p> <p><b>10.00-11.30 ABSS/SAVS Parent Forum</b> 19.09.18, 23.10.18, 21.11.18</p> <p><b>10.00-11.30 ABSS 60 Minute Mentor</b> 24.09.18</p> <p><b>PM – ABSS Talking Walk-in</b> 05.09.18</p>
Thursday	Friday	
<p><b>9.00 – 5.00 Midwife Clinic</b> By appointment only <b>9.15-10.00/10.30-11.15 Leapsprogs £3.50 per session</b> Starting 13.09.18</p> <p><b>AM – ABSS Speech &amp; Language</b> 13.09.18-11.10.18 01.11.18-29.11.18</p> <p><b>PM- ABSS Speech &amp; Language</b> 13.09.18-11.10.18 01.11.18-29.11.18</p> <p><b>1.00-2.30 ABSS YMCA Breastfeeding Support Group</b> <b>AM – ABSS Speech &amp; Language</b> 05.10.18</p>	<p><b>10.00-2.00 Little Heroes (ASD Support Group)</b> Every other Friday see dates below. Drop in for parents of children with ASD or currently awaiting diagnosis. Bring your children and meet other parents to share experiences, chat and help each other. 2<sup>nd</sup> &amp; 4<sup>th</sup> Friday</p> <p><b>9.00-12.30 Physiotherapy Triage</b> 28.09.18, 26.10.18, 23.11.18</p>	

# Stay and Play

## Monday

Summerville Children's Centre 1.00pm-2.30pm

## Tuesday

Centre Place Children's Centre 9.30am-11.00am

Friars Children's Centre 9.30am-11.00am

## Thursday

Eastwood Children's Centre 9.30am-11.00am

Cambridge Road Children's Centre 9.30am-11.00am

Hamstel Children's Centre 9.30am-11.00am

## Friday

Blenheim Children's Centre 9.30am-11.00am

St Lukes 10.00am-11.30am

Prince Avenue Children's Centre 1.00pm-2.30pm

**£1 suggested donation per child**



## Child Health Clinics

### Monday

Cambridge Road Children's Centre  
1pm – 2.30pm

### Tuesday

Friar's Children's Centre  
1.30pm – 3.30pm  
Hamstel Children's Centre  
1pm – 3pm

### Wednesday

Blenheim Children's Centre  
1.30pm – 3pm  
Summercourt Children's Centre  
1.00pm – 3.00pm

### Thursday

Eastwood Children's Centre  
1pm – 2.30pm  
Centre Place Children's Centre  
1pm – 3pm

### Friday

Hamstel Children's Centre  
10.00am - 11.30am  
(2<sup>nd</sup> & 4<sup>th</sup> Friday of month)

Come along to get your baby weighed and meet health professionals who can provide Support and Advice.

(There will be a small play area for the little ones whilst you wait)

Please arrive at least 30 minutes before the end of the session to avoid disappointment as these sessions are very popular.

## Hamstel Children's Centre

Monday	Tuesday	Wednesday
<p><b>8.30 – 5.00</b> <b>Antenatal Midwife Clinic</b> By appointment only.</p> <p><b>9.30-11.00</b> <b>Baby Time</b> For new parents to socialise, learn and have fun with their babies (0-12 months), breastfeeding support will be available from trained staff. £1 donation</p> <p><b>3.00-6.00</b> <b>Immunisations EPUNFT</b> 15.10.18, 03.12.18</p>	<p><b>9.00-5.00</b> <b>Antenatal Midwife Clinic</b> By appointment only.</p> <p><b>1.00-3.00</b> <b>Child Health Clinic</b> Come along to meet health professionals, get your baby weighed and get support/advice. Please arrive no later than 15 minutes before the end of clinic to avoid disappointment.</p>	
Thursday	Friday	
<p><b>9.30-11.00 Stay and Play</b> Explore and learn with your child through fun and interactive activities. £1 donation</p> <p><b>1.00-2.30</b> <b>Multiple Birth Support Group</b> £1 donation</p> <p><b>8.30 – 5.00</b> <b>Antenatal Midwife Clinic</b> By appointment only.</p>	<p><b>10.00-11.30 Child Health Clinic</b> Come along to meet health professionals, get your baby weighed and get support/advice. Arrive no later than 15 minutes before the end of clinic to avoid disappointment. (2<sup>nd</sup> &amp; 4<sup>th</sup> Friday of each month) <b>10.00 – 12.00 Mini Marvels</b> 1<sup>st</sup> &amp; 3<sup>rd</sup> Friday of every month, support group run by health and BLISS for parents caring for a baby who is either in neonatal care or has gone home following a period in a neonatal unit. <b>12.30-2.30 Parentcraft</b> 2 informative sessions with a midwife for antenatal parents preparing for the birth of their child. 14.09.18-21.09.18 12.10.18-19.10.18 09.11.18-16.11.18 07.12.18-14.12.18 <b>9.15-1.00 Asthma &amp; Allergy Clinic</b> 21.09.18, 19.10.18, 16.11.18, 21.12.18</p>	

## Temple Sutton Children's Centre

Monday	Tuesday	Wednesday
<p><b>10.00-11.00</b>  <b>Story &amp; Rhyme</b>  <b>Time at St</b>  <b>Luke's Church</b>  <b>Hall</b></p> <p><b>9.00-4.00</b>  <b>Midwife Clinic</b></p>		
Thursday	Friday	
	<p><b>10.00-11.30</b>  <b>Stay &amp; Play</b>  <b>Explore and</b>  <b>learn with your</b>  <b>child through</b>  <b>fun and</b>  <b>interactive</b>  <b>activities.</b>  <b>£1 donation at</b>  <b>St Luke's Church</b>  <b>Hall</b></p>	



## Freedom Course

The aims of the programme are:

- to think about the effects of Abusive relationships on children
- to help you restore your confidence so you are better able to move on
- to recognise 'patterns' of abusive in relationships so you can feel more confident to develop caring, respectful relationships in the future.

The course is free and runs for 11 weeks, excluding school holidays.

We supply a free crèche, staffed by fully qualified crèche workers.

**Cambridge Road Children's Centre 9.30-11.30 – 11/09-04/12/18**

To be put on the waiting list for our next course please ring 01702 220810 option 1.